

Nittany Track & Field – Cross Country – Fall 2020

NTF INTERSQUAD MEET

SUNDAY – NOVEMBER 8, 2020 - 3:00 PM - TUDEK park

This meet is our traditional milestone in the NTF cross country program. It brings excitement of inter-team competition and will serve as end-of-season celebration of our achievements. All NTF Families are invited to come, cheer, and take pictures!



Intersquad flashback 2019

Location and Course: Tudek Park - Meet at the field near the basketball court. The course will be repeating 1k loop and will include grass, gravel, and dirt trails and follow portions of our "butterfly garden" training loop. (see map on the last page)

Awards: Ribbons to all participants. Prizes to top-3 age-group winners (boys and girls separate). Special prizes for the winning team. Season awards.

Team competition: All attending runners will be divided into three even teams, drafted by our main coaches. The teams will race against one another, and the runners on the team with the winning score will get additional small prizes. The runners will score points for their team by placing in their age group (similar to how any cross country teams score in a meet), except that *every runner* will score (not only top 5)! The coaches of the winning team will receive a transferable trophy.

Registration: Please sign up via this [Google Form](#) by **November 2 noon!** We absolutely need all runners pre-registered to make team assignments in advance.

Distances and age groups:

For speed sake, we let everyone run shorter distance for Intersquad meet!

There will be 3-wave start (with 20 sec interval):

Wave 1 - Youth (born 2006-2007) – 3k
Wave 2 - Midget (born 2008-2009) – 2k
Wave 3 - Bantam (born 2010-2011) – 2k

Schedule:

3.00 – Check in
3.15 – Team warmups (jog, stretches, drills)
3.40 – Team meetings and pictures
3.50 – Races start (joint start for all groups)
4.30 – Awards

Post-race refreshments: We will not have a joint snack table this year. Participants may bring their own food and drinks for after the race.

Volunteering: We will need a few parent volunteers for helping to direct runners on the course. Please email Coach Mark if you are available to help.

Covid Safety Measures:

- All participants, parents, volunteers, and spectators will be required to wear masks and maintain 6-ft distancing during the event. Runners may remove their masks when racing and actively warming up for their race.
- Races will use wave starts, as needed, to ensure 6-foot distancing at the starting line and to avoid large packs during the race.
- The course will be at least 6 ft. wide for safe passing.
- Measures will be taken to avoid athlete crowding near the finish area. Athletes will be directed away from the finish area as soon as they finish.
- Upon registration all participants will be required to acknowledge that they are not allowed to compete if they have any COVID-19 symptoms.
- There will be no brownbag raffle or organized refreshments this year. Athletes will be advised to bring their own food and water.

Hope you can join and celebrate our cross country season!

Course Map - Tudek 1k loop



Bantam (9-10) group will run 2 loops
Midget group (11-12) will run 2 loops
Youth and older group (13+) will run 3 loops